TONY ROBBINS

# ULTIMATE RELATIONSHIP PROGRAM®

# Summary Cards

Dear friend,

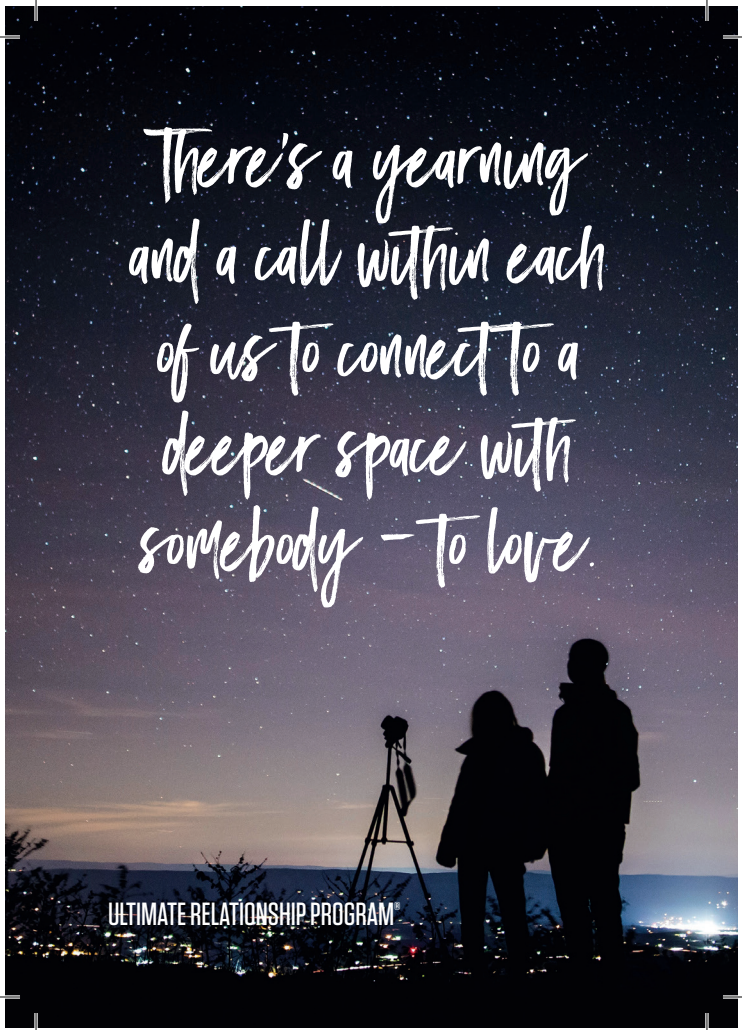
Congratulations on deciding to focus on the single most important thing in life: love. This program will touch all the relationships in your life – your partner, your friends, your family, even your business colleagues.

These Summary Cards will remind you of the most critical distinctions in this program, the ones that will help you create the intimate and passionate relationship that lights you and your partner up.

Take a few with you in your purse or pocket. Share them with your partner over dinner so you can discuss them together and deepen your bond. Whether you're single or spoken for, let these cards guide you on your journey to become the person worthy of the extraordinary relationship you've always dreamed of.

*Live with Passion!*

Tony Robbins


There's a yearning and a call within each of us to connect to a deeper space with somebody – to love.
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# 6 POSITIONS OF A RELATIONSHIP

Use these positions to map out your vision for your ultimate relationship. Where are you now? Where do you want to go?

**Position 1:** A magnificent relationship with love and passion.

**Position 2:** A relationship with love but little or no passion.

**Position 3:** A relationship with not much love and not much passion.

**Position 4:** You are planning your escape.

**Position 5:** You are not in a relationship but want to be in one.

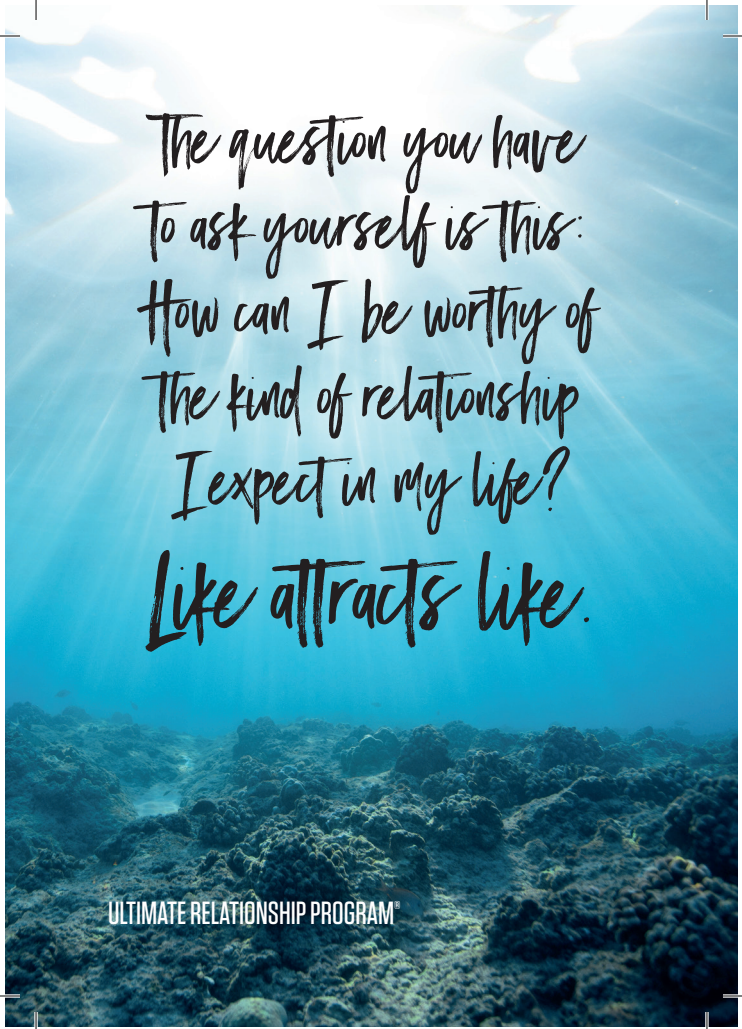
**Position 6:** You are not in a relationship and don't want to be in one.

# THE POWER OF VISION

Without a vision, people perish.

**What's your vision for your intimate relationship?**

What does your ultimate relationship look like? Feel like? Sound like?


The question you have
to ask yourself is this:
How can I be worthy of
the kind of relationship
I expect in my life?
Like attracts like.
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# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 1:** Heartfelt Understanding and Putting Your Lover First

*Connect to your partner's emotional world and put yourself in their shoes.*

**Discipline 1:** Practice the Discipline of Putting Your Lover First: It's Not About You!

*Challenge yourself to become even more proficient in loving and pleasing your partner.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 2:** Give Your Partner What They Really Need

*Uncover those specific needs that trigger their feelings of love, passion, excitement and gratitude.*

**Discipline 2:** Loving No Matter What

*Commit to holding yourself open and present for your lover, even during the most painful situations.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 3:** Create and Build Trust and Respect

*Trust is the essential building block of every productive relationship in your life. Without trust, there's no growth.*

**Discipline 3:** Being Yourself: Emanate and Express Your Natural Essence and True Core

*Trust begins with yourself. Develop confidence in your own intentions.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 3:** Create and Build Trust and Respect

*Trust is the essential building block of every productive relationship in your life. Without trust, there's no growth.*

**Discipline 4:** Positive Intent: Eliminate Threats and Judgment and Remember the Power of Language

*Discover the words and language that stimulate and please your partner.*

**Discipline 5:** Freedom: The Power of Forgiving, Forgetting and Flooding

*Consciously harness the good in life and bring it into your relationship for greater intimacy.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 4:** Reclaim Playfulness, Presence and Passion

*Open up your spectrum of emotions. Experiment, take a risk and enjoy!*

**Discipline 6:** The Discipline of Daily Intimacy & Full Engagement: Open Your Heart and Hold Nothing Back

*Be present. Relationships are nourished through honesty and attention.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 4:** Reclaim Playfulness, Presence and Passion

*Open up your spectrum of emotions. Experiment, take a risk and enjoy!*

**Discipline 7:** The Discipline of Polarity: The Power of Dancing Energies

*Polarity strengthens a relationship, no matter what. Find your polarity and you'll have not only love and trust but passion as well.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 5:** Harness Courage and Embrace Honesty

*Truth will feed and maintain heartfelt understanding, giving, trust and passion between you and your partner.*

**Discipline 8:** The Discipline of Loving Truth: The Power of Vulnerability

*When something goes wrong, express yourself in the moment, from the heart. Don't be afraid to be vulnerable!*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 6:** Uncover and Create Alignment

*Recognize and appreciate your differences so that they enrich your lives, rather than creating friction.*

**Discipline 9:** The Discipline of Utilization: The Power of Higher Meaning and Constant Growth

*When conflicts happen, choose to learn from the experience and change your approach.*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 6:** Uncover and Create Alignment

*Recognize and appreciate your differences so that they enrich your lives, rather than creating friction.*

**Discipline 10:** The Discipline of Gratitude and Giving: Appreciation Is the Power

*Get the perspective that allows you to celebrate your unique and special relationship!*

# THE 7 MASTER SKILLS & 10 DISCIPLINES OF LOVE

**Skill 7:** Live Consciously: Be an Example

*Many of us live life in "default" mode, unconscious about the choices we are making every day.*

***Living consciously*** *means applying yourself to all the relationship skills and disciplines – to have the courage to create a new example in your life of what is possible.*

## THIS SKILL APPLIES TO ALL 10 DISCIPLINES OF LOVE.

Your finances,
you can control.
But a relationship,
that's something you
have to create.
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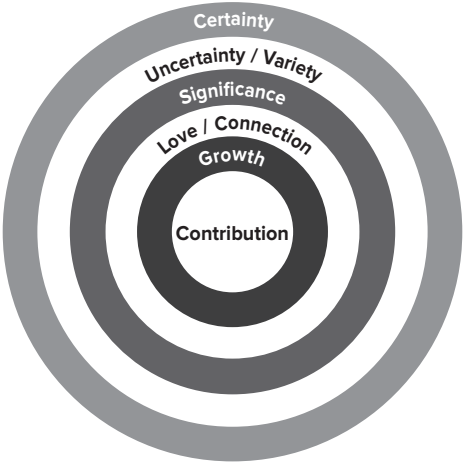
# THE 6 HUMAN NEEDS

The 6 Human Needs are the most effective way to track the level of happiness and fulfillment in any relationship.



# EXPLORE THE 6 HUMAN NEEDS

**What are my partner's top two needs?** What are two things I could do this week to meet those needs?

**What are my top two needs?** What are two things my partner could do to this week meet those needs?

DISCUSS WITH YOUR PARTNER

Remember:

- When you satisfy any two needs of a person, you make a *connection*.
- When you satisfy four of their needs, you create a *bond*.
- If you satisfy all six of their needs, your partner will *never want to leave you*.

If two people understand each other's needs, anything can be transformed.
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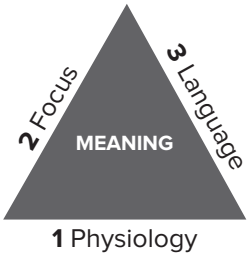
# THE TRIAD: THE 3 MOLDERS OF MEANING

The three elements of the triad create the meanings that determine the way we experience life.




1. **Physiology** – How you use your physical body – breath, posture, movement, etc.
2. **Focus** – Whatever you focus on, you will feel.
3. **Language** – The meaning of our experiences change as soon as we put words to them.

# EXPLORE THE TRIAD

**Use the elements of the triad to move out of *unresourceful* states where change seems impossible to *resourceful* ones where the possibilities are endless.**

*The next time you find yourself on an emotional train to pain, hurling down the tracks out of control, remember that you can actually STOP the train and get off.*

*Simply shift your triad – physiology, focus and language/meaning – to create a different result.*

# QUALITY PROBLEMS VS. SAFE PROBLEMS

**Quality problems** involve a risky, forward-thinking decision that will often take you to another stage in life.

*Ex: Starting a relationship or having children*

**Safe problems** are lingering issues which ultimately lie within our control.

*Ex: Avoiding decisions or withdrawing from a partner*

*Are you or your partner using a safe problem to distract yourselves from making a risky decision that will move your life forward?*

DISCUSS WITH YOUR PARTNER

Every problem
is a gift.
Without them,
we wouldn't grow.
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# THE 3 LEVELS OF RELATIONSHIPS

**Level One: Selfish Love**
*My Needs Come First*

**Level Two: Conditional Love**
*You Get Yours and I'll Get Mine*

**Level Three: Unconditional Love**
*The Other's Needs Come First*

## AT WHICH LEVEL ARE YOU OPERATING IN YOUR RELATIONSHIP?

If you want
to change any
relationship,
start with yourself.
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# POLARITY

In order to feel passion in a relationship, you need the electrical charge of polar opposites.

Polarity is created by the dance of contrasting energies, including:

**Feminine** *playfulness* ⟷ **Masculine** *presence*

**Light** *loyalty* ⟷ **Dark** *desire*

**APPRECIATE AND CULTIVATE THE NATURAL POLARITY BETWEEN YOU AND YOUR PARTNER TO KEEP THAT MAGNETIC ATTRACTION IN YOUR RELATIONSHIP.**

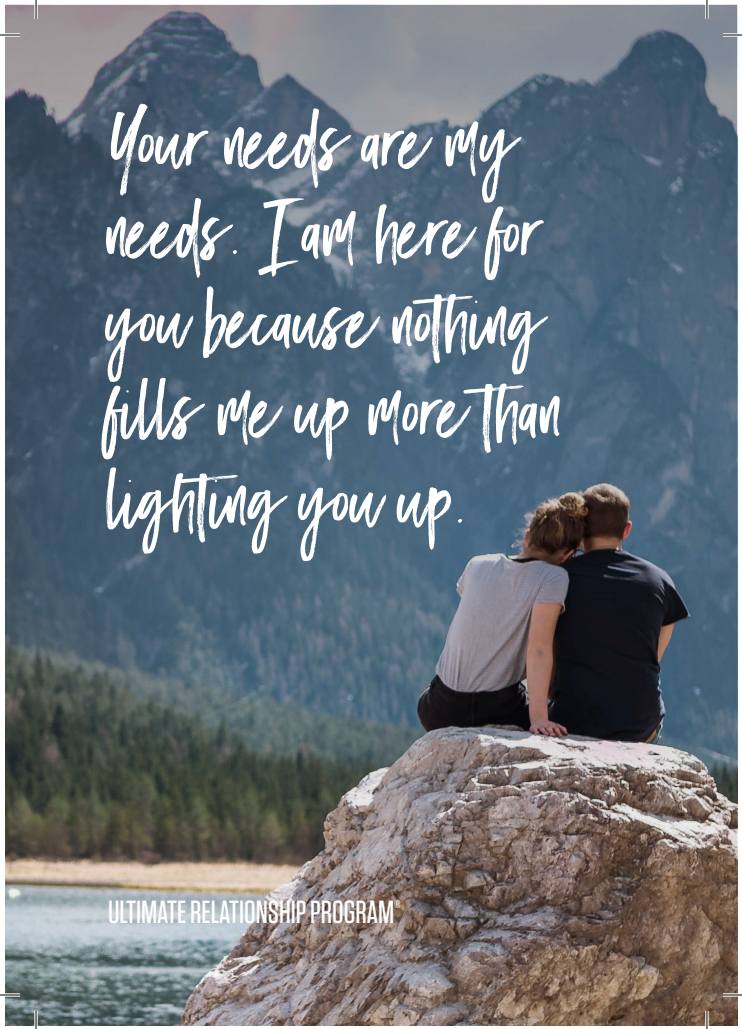
# DEADLOCKS

**When one partner makes a request and is repeatedly denied, a *deadlock* is created.**

Relationships are about feeling that needs are *met* and *shared*.

Every time a partner's needs are disrespected, resisted or ignored, the relationship *deteriorates*.

- Are there any deadlocks in your current relationship?
- How can you approach them with a Level Three mindset?


Your needs are my needs. I am here for you because nothing fills me up more than lighting you up.
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# WEATHERING THE STORM

Nobody communicates well when they're stressed out.

**When you're in the middle of an argument,** use this strategy to come back into your real self:

1. *Put your hand on your heart and breathe* for two minutes. Stay out of your head.
2. *Think of two things you're really grateful for.* See them, feel them and step into them.
3. *Ask yourself*, "What do I just need to remember, believe or know is true? What do I need to do right now?"
4. *Take action* with the answer you receive.

# THE 5 STAGES OF BUILDING TRUST

**WHEN YOU BUILD TRUST DURING TIMES OF DIFFICULTY AND STRESS, YOU BUILD A FOUNDATION THAT WILL ALLOW YOUR RELATIONSHIP TO GROW AND FLOURISH.**

In any relationship you need two things at the foundation: Trust and respect.
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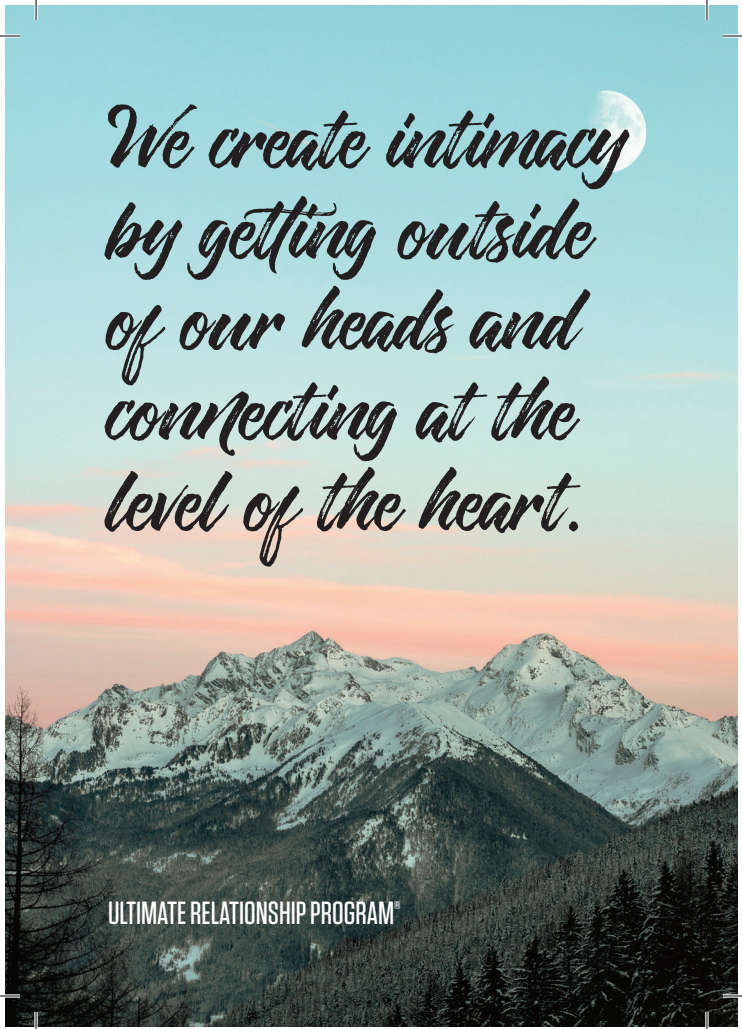
# UNDERSTANDING THE MODALITIES OF COMMUNICATION – AND LOVE

Everyone has a very specific way in which they prefer to receive love and affection.

Which of these are you most receptive to? What about your partner?

- Visual
- Auditory
- Kinesthetic (Touch)

## WHAT'S ONE THING YOU CAN DO TODAY TO SHOW YOUR LOVE IN YOUR PARTNER'S PREFERRED MODALITY?


We create intimacy by getting outside of our heads and connecting at the level of the heart.
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# DEALING WITH DIFFERENT STATES IN A RELATIONSHIP

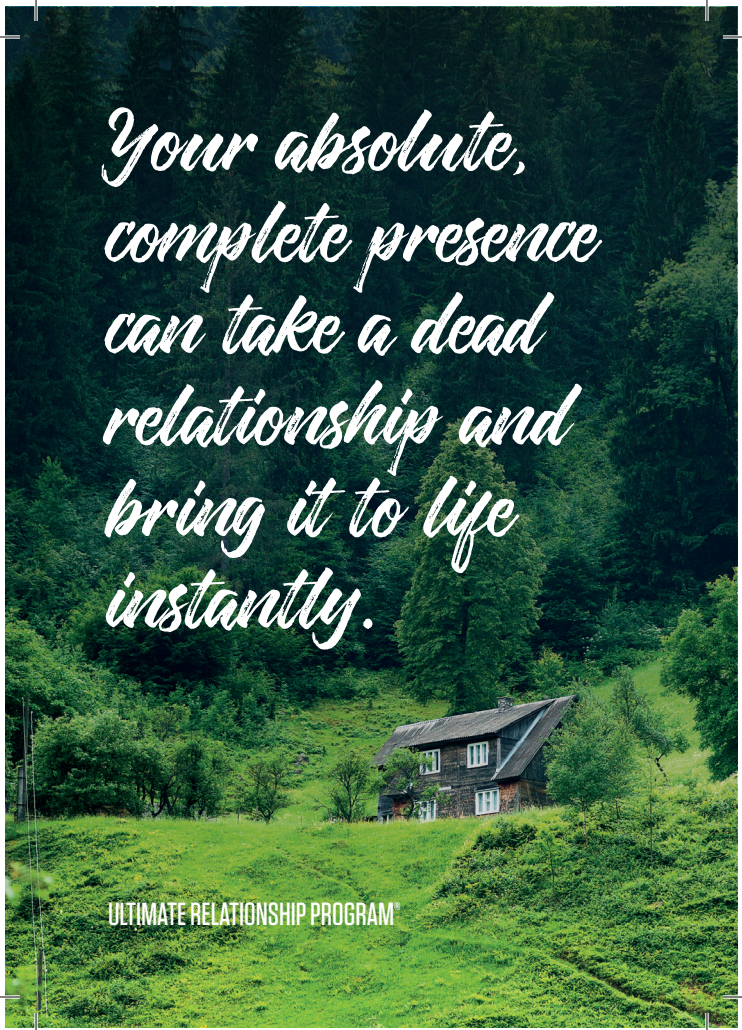
Your state is the state of your relationship. When two people are in a peak state, it's easy to create a relationship that's also in a peak state.

**Peak State + Peak State = Peak Relationship**

When one person is in a peak state and their partner is low, it can create tension.

**Peak State + Low State = Anger, Lowered States and Disagreements**

If you can use your peak state to love your partner in this scenario, you'll create an unbelievable bond.


Your absolute, complete presence can take a dead relationship and bring it to life instantly.
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# 5 STEPS FOR OVERCOMING DOUBLE-BINDS

What makes relationships crazy are mixed messages. Use these steps to overcome a double-bind, get to the truth and release passion and love.

**Step 1:** Understand the Two Contradictory Messages and Their Consequences

**Step 2:** Take Responsibility for Your Own Power

**Step 3:** Recognize the Internal Conflicts That Lead to Double-Binds

**Step 4:** Clarify Who You Really Are

**Step 5:** Demonstrate Your Responsibility, Passion and Initiative

*When two people come together, a third world is formed that's never been formed before.*

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# HOW TO CHOOSE THE RIGHT PERSON FOR A LONG-TERM RELATIONSHIP

Selecting a partner is a decision that shapes more of your happiness or unhappiness in life than almost anything else.

These three questions put your intimate relationship into a business context to remove the charge and help you make a clearer decision:

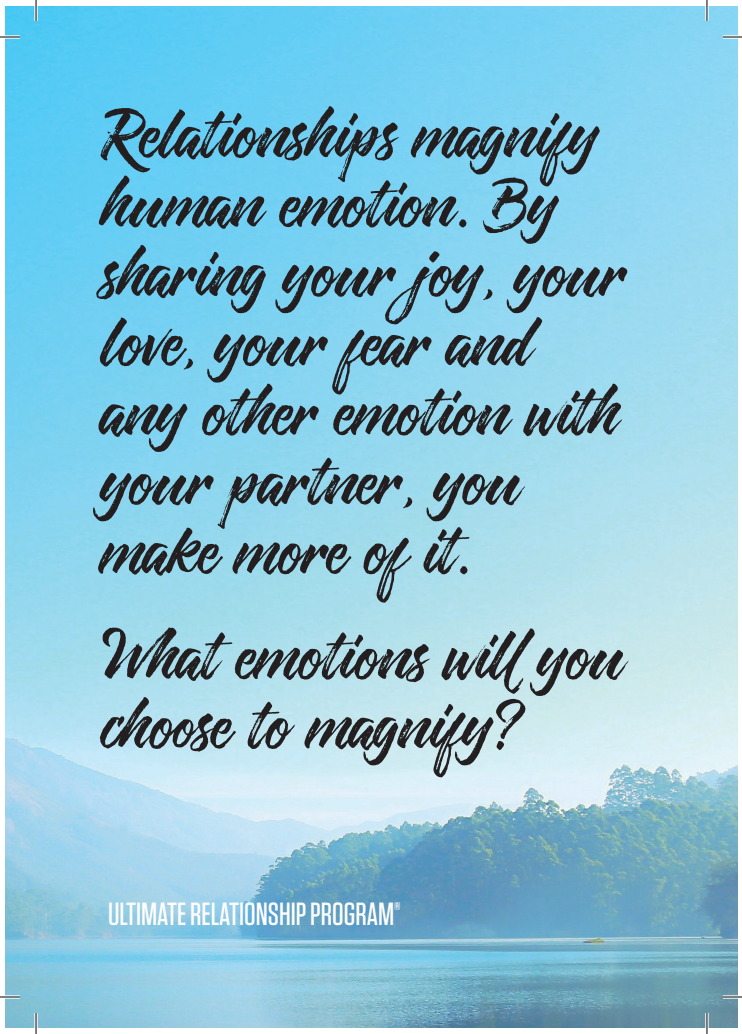
1. **Can** this person do the job?
2. **Will** this person do the job for the long term?
3. Is there a **team fit**?

# THE NEXT 90 DAYS...

**What would happen if, for the next 90 days, you met every one of your partner's 6 Human Needs at a Level 10?**

What would you do to **light up your partner and give them the greatest 90 days of their life**? What kind of relationship could you create?

*If you're single*, what would happen if you did this for yourself? **What kind of person could you become?**


Relationships magnify human emotion. By sharing your joy, your love, your fear and any other emotion with your partner, you make more of it.
What emotions will you choose to magnify?
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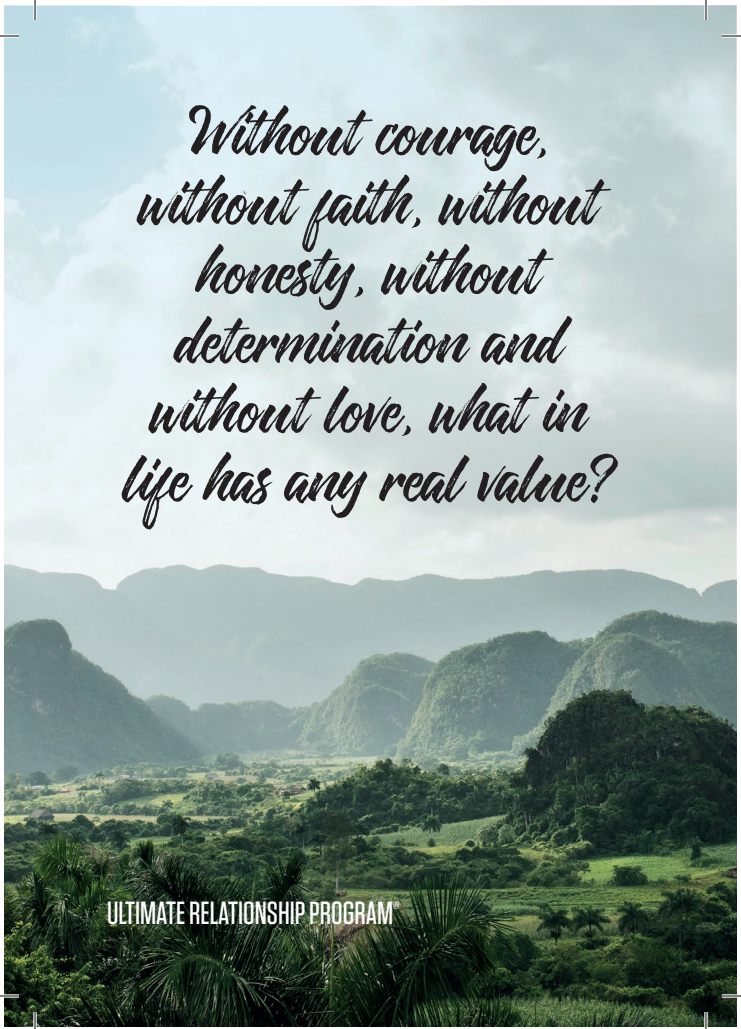
# RECLAIMING YOUR TRUE IDENTITY

**When we create limitations for ourselves, we unconsciously create limitations in our relationships.**

*When we free ourselves from our past,* from our old beliefs, from all our stories, from the old rules of how we're supposed to be, *we reclaim the truth of who we are today* – whoever that is.

We also free our family, our friends, our children, our spouses, our lovers.


Without courage, without faith, without honesty, without determination and without love, what in life has any real value?
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